



AMY KRAZIZKY CORES & EFFECTS PILATES

SUNDAY, FEBRUARY 25, MARCH 3 & 10

10 TO 11:30 AM IN THE HALL

STRETCH, RELEASE, AND PRE-PILATES CLASS

This course will give you a varied and obtainable home practice, help you reduce stress in your body, manage aches and pains as well as improving postural imbalance. Through fascial release, stretch, connection exercises and integrating better movement into your life you will feel the improvement. Learn the basic principles as we add in the Pilates work into our Tool Kit for you.

BENEFITS OF THESE EXERCISES IN RIDING NOT JUST EVERYDAY WELL BEING

- Your riding position and posture
- Your alignment, and ultimately your horse's too
- Your core stability and balance (less falls)
- Your flexibility (better sitting trot)
- The independence of your seat (no more hanging on the reins)
- How you use your body to reduce wear and tear and injuries

COST: MRAS RIDING MEMBERS \$105.00 priority registration until January 25, 2024

NON-RIDING MEMBERS \$125.00

To register please email lynnbrunton@gmail.com. Once registered payment instructions will be sent.